



Cape Cod National Seashore
RANGER-LED ACTIVITIES,
SEPTEMBER 1 through OCTOBER 31, 2015


National Park Service
U.S. Department of the Interior




For many visitors and Cape Cod residents, fall is a favorite time of year. Our bluest skies and fairest days often occur in September and October. There is less traffic on roads, many towns host events that feature their natural and historical treasures, and our rangers are ready to showcase what makes Cape Cod National Seashore a truly special place. Join us!

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Activities that are accessible with minor assistance.
Contact park staff if you have questions about accessibility.
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Activities especially suited for families with children.
Adults must accompany children during programs.
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National Park Service Healthy Parks, Healthy People programs featuring parks as cornerstones of mental, physical, and spiritual health.
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Long pants (shorts for canoe trips and salt marsh explorations), appropriate footwear, hats, sunscreen, bug spray, and water are recommended for outdoor activities. Pets are not permitted on ranger programs.

Salt Pond Visitor Center,
50 Nauset Road, off Route 6, Eastham 508-255-3421





Province Lands Visitor Center,
171 Race Point Road, off Route 6, Provincetown 508-487-1256

For more information, pick up a copy of *Park News* at a visitor center.

Sun	Mon	Tues	Wed	Thur	Fri	Sat	SEPTEMBER 1 through SEPTEMBER 30, Eastham and Wellfleet Locations
10 AM				10 AM			CANOE TRIP: SALT POND PADDLE 1-½ hours, 1-½ miles. \$20 per adult, \$15 per child 16 and under (minimum age 6). Paddle on the scenic, protected waters of the Salt Pond and nearby area of Nauset Marsh in Eastham, while exploring the area’s beauty and significance. Reservations required and accepted no more than one week in advance. Call Salt Pond Visitor Center, 508-255-3421, ext. 0, to register. No prior canoe experience required. All equipment is provided. You may have to wade and assist with moving equipment. Wear footwear (required) that can get wet. 
11 AM No program 9/13							TALK: TERRACE TALK 45 minutes. Free. From its rich and fascinating cultural history to its diverse and distinctive natural resources, there’s always something new to discover about the national seashore. During these short talks rangers will introduce you to some of these stories. Meet at Salt Pond Visitor Center, 50 Nauset Road, Eastham. 
3 PM No program 9/13		3 PM					WALK: DISCOVER FORT HILL 1 hour, up to 1 mile. Free. Explore Fort Hill’s fascinating natural and human stories while enjoying stunning views. Meet at the lower parking lot at Fort Hill, 70 Fort Hill Road, Eastham.
4 PM							WALK: LIGHTHOUSE TOUR of the THE THREE SISTERS 1 hour, ½ mile. Free. Tour these 19th-century lighthouses that once provided a beacon for sailors off the shore of Nauset Light Beach. Meet at the northeast corner of the Nauset Light Beach parking area at the intersection of Ocean View Drive and Cable Road, Eastham. Beach fee may apply. 
	10:30 AM			2:30 PM No program 9/24			WALK: DISCOVER NAUSET MARSH 1 hour, up to 1 mile. Free. On this easy walk around the marsh we’ll discover some of the intriguing stories and features of this scenic and historic area. Meet on the terrace of the Salt Pond Visitor Center, 50 Nauset Road, Eastham.
	2:30 PM No program 9/28					2:30 PM	WALK: BAYSIDE STROLL 1 hour, 1 mile. Free. Discover the fascinating cultural and natural history of the secluded, dynamic coastal barrier system known as the Great Island “gut.” Meet at the Great Island parking area, where Chequessett Neck and Griffin Island Roads meet, Wellfleet.
		10 AM No program 9/22					TALK: WHERE THE SPARK OF MAGIC HAPPENED, MARCONI TRIUMPHED 30 minutes, ¼ mile. Free. Guglielmo Marconi made communication history in 1903 with his official transatlantic wireless message. On a short stroll you’ll explore the place where the message originated and how it changed history. Meet in the parking area of the Marconi Station Site, 195 Marconi Station Road, Wellfleet.
			10:30 AM				WALK: SEASIDE STROLL 1 hour, up to 1 mile. Free. Explore the ever-changing barrier beach during this walk along Coast Guard Beach in Eastham. Learn how these slender strips of sandy shoreline are a key to the Cape’s past and a stunning vantage point from which to ponder its future. Meet at the Coast Guard Beach parking area at the end of Doane Road, Eastham.
			1:30 PM				TALK: PRESERVING THE PENNIMAN HOUSE 1 hour. Free. In honor of the upcoming 100th anniversary of the National Park Service, the Penniman House at Fort Hill is getting a facelift! From outside the construction area we’ll talk about the Penniman Family, the house, and work being done to preserve it. Meet at the lower parking lot at Fort Hill, 70 Fort Hill Road, Eastham.
			2 PM				TALK: BOMBS AND BLACKOUTS Up to 45 minutes. Free. Ranger Dana Eldridge shares his personal stories of Cape Cod during WWII--the detritus of war washed upon Cape Cod beaches, Coast Guard patrols, target practice, and torpedoed ships--all from the vantage point of the Marconi Site (former Camp Wellfleet). Meet on the observation deck at the Marconi Site, 195 Marconi Station Road, Wellfleet. Reservations required and accepted no more than one week in advance. Call Salt Pond Visitor Center, 508-255-3421, ext. 0, to register.
			2:30 PM				WALK: EXPLORE THE BAKER-BIDDLE PROPERTY 1-½ hours, ½ mile. Free. Visit this historic property and learn about its fascinating literary history. Reservations required and accepted no more than 7 days in advance. Call Salt Pond Visitor Center, 508-255-3421 for reservations and meeting location.

Sun	Mon	Tues	Wed	Thur	Fri	Sat	SEPTEMBER 1 through SEPTEMBER 30, Eastham and Wellfleet Locations
				10 AM			HIKE: SEAL SEARCH <i>1-½ hours, 1-½ miles. Free.</i> On this hike at Coast Guard spit we'll look for seals, learn about the species we might see, and discover some of the special adaptations seals have that make them perfectly suited for a life in the sea. Wear footwear suitable for walking in soft sand. Meet at the Coast Guard Beach parking area, at the end of Doane Road, Eastham.
				10:30 AM			TALK: CHRONICLES FROM A CAPE CODDER <i>1 hour. Free.</i> Today's Cape Cod is built upon the stories from its past. Join Ranger Dana Eldridge as he shares some of those stories. Meet on the terrace at Salt Pond Visitor Center, 50 Nauset Road, Eastham. Reservations required and accepted no more than one week in advance. Call Salt Pond Visitor Center, 508-255-3421, ext. 0, to register.
				11 AM			TOUR: ATWOOD-HIGGINS HOUSE <i>1 hour. Free.</i> Learn about early 18th-century Cape Cod architecture, and one of the Outer Cape's early colonial settlement sites. Reservations required and accepted no more than one week in advance. Call Salt Pond Visitor Center, 508-255-3421, ext. 0, to register. 269 Bound Brook Island Road, Wellfleet. Directions: Take Route 6. Turn onto Pamet Point Road, at the Truro town line; follow signs.
					10:30 AM		WALK: LIFE ON THE EDGE <i>1 hour, 1 mile. Free.</i> The shorelines of Cape Cod are beautiful and dynamic places. Come explore some of the challenges faced in this “edge” environment, where the only constant is change. Meet at the bathhouse at Nauset Light Beach, at the intersection of Ocean View Drive and Cable Road, Eastham.
					2:30 PM		WALK: UNTOLD STORIES OF CAPE COD NATIONAL SEASHORE <i>1 hour, 1 mile. Free.</i> Hear forgotten tales from this shoreline's past. From shipwrecks to battles and beyond, you're bound to discover something new about this special place. Meet at the Marconi Station Site, 195 Marconi Station Road, Wellfleet.

Sun	Mon	Tues	Wed	Thur	Fri	Sat	SEPTEMBER 1 through SEPTEMBER 30, Provincetown and Truro Locations
2-4 PM	2-4 PM	2-4 PM	2-4 PM	2-4 PM	2-4 PM	2-4 PM	OPEN HOUSE: OLD HARBOR LIFE-SAVING STATION <i>Free.</i> Built in 1898, Old Harbor is the last intact life-saving station of the original 13 of Cape Cod. A visit feels like stepping into a turn-of-the-century, working station while the crew is out on patrol. Park at Race Point Beach, Provincetown and take the short walk to Old Harbor. Beach fees may apply.
9 AM							BIKE TOUR: THE HISTORIC PROVINCE LANDS BICYCLE TRAIL <i>5-½ miles, 2 hours. Free.</i> Join a ranger for a group ride along the challenging Province Lands Bicycle Trail, the first bike trail created by the National Park Service. Learn about bicycling safety, enjoy dune and ocean views, and discover the fascinating history of the area. Bring your own bike and helmet (required). Meet at the bike rack in the parking lot at the Province Lands Visitor Center, Provincetown.
10 AM							WALK: BEECH FOREST BEAUTY <i>1 hour, 1-½ miles in loose sand. Free.</i> Fall is a magical time in this unique hardwood forest nestled in the dunes of the Province Lands, and each week brings changes in color and sound. Discover the diversity of this ecosystem, while looking for animal tracks, algal crusts in sand dunes, cranberry bogs, and migrating birds. Meet at the Beech Forest parking area, off Race Point Road, Provincetown.
3 PM							WALK: DUNE VIEWS OVER EAST HARBOR <i>1-½ hours, 1-½ miles in loose sand. Moderate difficulty. Free.</i> Climb atop a parabolic dune to gain 360° views of ocean, cranberry bogs, harbor, and Provincetown. Discover the story of how the harbor was turned into a “lake,” then back into a harbor. Terrain includes steep hills and loose sand. Wear or bring sunscreen, bug spray, and water. Meet in the bike trail parking lot at the end of High Head Road, off Route 6, in Truro (stay left and continue on the dirt road).
	9 AM						HIKE: KETTLE PONDS <i>Up to 4 hours. 6 miles. Strenuous. Free.</i> Discover the hidden areas around the Wellfleet/Truro glacially formed kettle ponds and wind your way out to a lookout over the Atlantic. Meet on Collins Road. Follow Route 6 to Truro. Take the Pamet Roads exit. This exit can be confusing. South Pamet Road begins on the east side of the highway (the post office is on the opposite-west side of the highway). Take South Pamet Road .61 miles, then turn right onto Collins Road. Follow for .6 miles and look for the ranger on the road.
	10 AM		10 AM	3 PM			WALK: ENCHANTING DUNES AND WILD CRANBERRY BOGS <i>1-½ hours, 1 mile in loose sand. Free.</i> Explore the magical fall light of the dune landscape and wild cranberry bogs as we approach harvest time. Wear shoes appropriate for walking in soft sand and bring water. Check in at the desk inside the Province Lands Visitor Center, 171 Race Point Road, Provincetown.
	Drop in between 2 PM – 3 PM		Drop in between 2 PM – 3 PM	Drop in between 10 AM - 11 AM	Drop in between 2 PM – 3 PM		RANGER ON DECK The decks of the Province Lands Visitor Center offer amazing views of dunes, ocean, and their inhabitants. Look for whales, birds, and historic buildings from the deck, or explore new topics of the ranger's choice.Meet at Province Lands Visitor Center, 171 Race Point Rd., Provincetown.
		9 AM					HIKE: DUNES TO THE OCEAN <i>2 hours, 2 miles in loose sand. Free.</i> Traverse a hilly path through the Province Lands dunes, on each ridge gaining spectacular views and edging closer to the ocean. Once at the beach we will look for seals and whales. Wear sturdy footwear such as hiking boots or sneakers, and bring water and binoculars. Meet at Province Lands Visitor Center, 171 Race Point Road, Provincetown.
				9 AM			WALK: NATURE TALES AND REMOTE TRAILS OF BALLSTON BEACH <i>2 hours, 2 miles; moderate difficulty. Free.</i> Explore the area that was once the Ballston Beach Seaside Summer Colony, all the while enjoying dramatic views of the Atlantic and the Pamet River Valley. Terrain includes steep hills and loose sand. Wear or bring long pants, sunscreen, bug spray, and water. Directions: 11 North Pamet Road. Take Truro Center/ Pamet Roads exit off Route 6 in Truro. Proceed 1-½ miles on North Pamet Road to the end, and meet in the dirt parking area adjacent to the large, white building.
					10 AM		SCAVENGER HUNT: THE AMAZING RACE - PROVINCETOWN <i>1 to 1-½ hours. 2 miles. Free program, parking fee may be required.</i> Discover Provincetown's history one clue at a time. As you race against time to win the grand prize, experience the town's unique treasures and best kept secrets. Wear comfortable shoes. By reservation only. Call Province Lands Visitor Center to register, 508-487-1256.

						9 AM	WALK: EVER-CHANGING PAMET VALLEY <i>2 hours, 2 miles. Free.</i> In a location named for a branch of the Wampanoag as well as a geological feature, a cranberry business, life-saving station, and vacation resort have sprung up over time. Even roads have come and gone. Learn about the history of the Pamet area and how the ocean continues to shape it. Directions: 11 North Pamet Road. Take Truro Center/ Pamet Roads exit off Route 6 in Truro. Proceed 1-½ miles on North Pamet Road to the end, and park in the small dirt parking area near the large white building.
Sun	Mon	Tues	Wed	Thur	Fri	Sat	OCTOBER 1 through OCTOBER 31, Eastham and Wellfleet Locations
2 PM No program 10/18							TALK: TERRACE TALK <i>45 minutes. Free.</i> From its rich and fascinating cultural history to its diverse and distinctive natural resources, there's always something new to discover about the national seashore. During these short talks rangers will introduce you to some of these stories. Meet at Salt Pond Visitor Center, 50 Nauset Road, Eastham. 
4 PM							WALK: LIGHTHOUSE TOUR of the THE THREE SISTERS <i>1 hour, ½ mile. Free.</i> Explore these 19th-century lighthouses that once provided a beacon for sailors off the shore of Nauset Light Beach. Meet at the northeast corner of the Nauset Light Beach parking area at the intersection of Ocean View Drive and Cable Road, Eastham. 
		10 AM No program 10/6					TALK: WHERE THE SPARK OF MAGIC HAPPENED, MARCONI TRIUMPHED <i>30 minutes, ¼ mile. Free.</i> Guglielmo Marconi made communication history in 1903 with his official transatlantic wireless message. On a short stroll you'll explore the place where the message originated and how it changed history. Meet in the parking area of the Marconi Station Site, 195 Marconi Station Road, Wellfleet.
			2 PM 10/7 only				TALK: BOMBS AND BLACKOUTS <i>Up to 45 minutes. Free.</i> Ranger Dana Eldridge shares his personal stories of Cape Cod during WWII--the detritus of war washed upon Cape Cod beaches, Coast Guard patrols, target practice, and torpedoed ships--all from the vantage point of the Marconi Site (former Camp Wellfleet). Meet on the observation deck at the Marconi Site, 195 Marconi Station Road, Wellfleet. Reservations required and accepted no more than one week in advance. Call Salt Pond Visitor Center, 508-255-3421, ext. 0, to register. 
				10:30 AM 10/1 & 10/8 only			TALK: CHRONICLES FROM A CAPE CODDER <i>1 hour. Free.</i> Today's Cape Cod is built upon the stories from its past. Join Ranger Dana Eldridge as he shares some of those stories. Meet on the terrace at Salt Pond Visitor Center, 50 Nauset Road, Eastham. Reservations required and accepted no more than one week in advance. Call Salt Pond Visitor Center, 508-255-3421, ext. 0, to register.
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						10:30 AM No program 10/17	WALK: SEASIDE STROLL <i>1 hour, up to 1 mile. Free.</i> Explore the ever-changing barrier beach during this walk along Coast Guard Beach in Eastham. Learn how these slender strips of sandy shoreline are a key to the Cape's past and a stunning vantage point from which to ponder its future. Meet at the Coast Guard Beach parking area at the end of Doane Road, Eastham.
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LIGHTHOUSE TOURS



Outer Cape Cod was notorious for shipwrecks, with over 3,000 recorded wrecks before the opening of the Cape Cod Canal and the advent of stronger-built ships and modern navigation systems. Lighthouses have guided mariners off Cape Cod shores since the late 1700s. Some are open for touring, spring through fall. Climb to the top for a completely different perspective on the Cape and the Atlantic Ocean.


Nauset Light (Eastham):
Sundays through October, 1-4 PM (except 4:30-7:30 PM on September 6, and special full moon tour on Tuesday October 27, 6:30-8 PM). Located at the intersection of Ocean View Drive and Cable Road, Eastham. Tours are conducted by the Nauset Light Preservation Society. www.nausetlight.org. Free, but donations accepted.

Highland Light (Truro):
Daily through October 18, 10 AM to 5:30 PM. Located at 27 Highland Light Road, North Truro. Operated by Eastern National, www.highlandlighthouse.org. \$4 adults, \$3 youth and seniors. Must be 48" tall to climb the tower.


Three Sisters (Eastham):
Sundays at 4 PM. Guided tour departs from the northeast corner of the Nauset Light Beach parking area, located at the intersection of Ocean View Drive and Cable Road, Eastham. Free.

SPECIAL PROGRAMS



Presentation:
*Sea Level Rise –
Changing Cape Cod’s Groundwater*

**Saturday, September 26, 2 PM,
Salt Pond Visitor Center, Eastham**
 Join Ed DeWitt, Executive Director of the Association to Preserve Cape Cod for an in-depth look at the connectivity of our water and the impact sea level rise is already having on our freshwater aquifer, ponds, streams, wastewater, infrastructure, and ecology. The one-hour program will feature a short documentary made by filmmakers Daniel Cojanu and Elise Hugus of UnderCurrent Productions, followed by a discussion and question and answer session.

Paddle:
Bring Your Own Kayak, Long Point
Monday, September 28, 12:30 pm
Up to 2 hours, 2 miles. Free.

 Enjoy a paddle in the meandering marsh on the west side of Provincetown Harbor. Bring your own kayak and gear (including life vests, which will be required). By reservation only. Call Province Lands Visitor Center, 508-487-1256.

Concert:
*Rum Soaked Crooks –
Sea Chanteys and Ballads*
Friday, October 9, 7 PM, Salt Pond Visitor Center

  The “Crooks” are back by popular demand! This lively quartet sings a medley of sea chanteys, ditties, and ballads. Sponsored by Friends of the Cape Cod National Seashore.

Walk:
Night Patrol and Orionids at Old Harbor
Tuesday, October 20, 6 PM
1-½ hours, ¼ mile, free.

The heroic surfmen of the U.S. Lifesaving Service were always ready for a rescue, especially at night. The station and beach after sunset offer exciting opportunities for exploration. If this is a clear night, we may be able to see the Orionid meteor shower. Bring flashlights for inside the station. Meet at the Race Point Beach bathhouse in Provincetown.

Healthy Parks, Healthy People
 If you haven’t joined this exciting partnership program between Cape Cod National Seashore and Cape Cod Healthcare, what’s stopping you? Launched in July 2015, the *Healthy Parks, Healthy People* program offers a menu of activities that you can do on your own, with the guidance of a healthcare professional, or with a ranger. The program is designed to get you out and moving in the beautiful surroundings of the national seashore to improve your physical and mental health. On weekdays between 7 and 10 AM (through October 16, except September 4 and 7) stop by the base camp at Salt Pond Visitor Center to sign up with a Cape Cod Healthcare staffperson. Also, look for ranger programs marked with  that support the *Healthy Parks, Healthy People* initiative. It’s easy, fun, and free, so get involved for your good health! For more information, visit www.capecodhealth.org/healthyparks.

Fall Town Festivals
 Look for rangers at Eastham’s Windmill Weekend, Wellfleet’s OysterFest, and Truro’s Agricultural Fair. Hands-on activities and information about the national seashore.

Exhibition:
*Art and Science Residency Show
by the Peaked Hill Trust*
Opening reception: Saturday, September 19, 2-4 PM.

Stop by the Salt Pond Visitor Center Classroom in September to see paintings, books, photographs, and field guides created by artists and scientists in residency at dune shacks during 2014. All are welcome.